

¿Necesita usted realmente un antibiótico?

Use remedios caseros para estos síntomas causados por virus:



Secreción o congestión nasal



Tos



Dolor de garganta



Fiebre y dolores musculares



Ojos lagrimosos y estornudos



Dolor de oído



Los antibióticos no matan los virus—ellos no curan los resfríos, la gripe o la mayoría de tipos de bronquitis, problemas de sinusitis o dolores de oído. Su cuerpo puede luchar por sí mismo contra un resfrío.

El abuso de antibióticos está creando gérmenes más fuertes. Las infecciones serias causadas por bacterias, como la infección bacteriana de la garganta, se están haciendo resistentes a los antibióticos comunes y son más difíciles de tratar.

Hable con su médico para decidir si realmente necesita un antibiótico.

Do you really need an antibiotic?

Use home
remedies for
these viral
symptoms:



Stuffy Nose or
Runny Nose



Cough



Sore Throat



Fever and
Muscle Aches



Watery Eyes
and Sneezing



Earache



Antibiotics don't kill viruses—they don't work on colds, flu and most bronchitis, sinus problems or earaches. Your body can fight a cold on its own.

Overuse of antibiotics is creating stronger germs.

Serious bacterial infections, like strep throat, are becoming resistant to common antibiotics and are harder to treat.

Talk with your health care provider about whether you really need an antibiotic.



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Sincerely,

Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: **Do You Really Need an Antibiotic? (poster)**

Size: 11 x 19

Paper stock: 80# cover gloss white

Ink color: 4-color process

Special instructions: 2-sided printing with full bleeds (English/Spanish)

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